

Patient information factsheet

Transnasal oesophagoscopy

We have written this factsheet as a guide to having a transnasal oesophagoscopy. It explains what a transnasal oesophagoscopy is, what the procedure involves and how to prepare for it. We hope it will help to answer some of the questions you may have. If you have any further questions or concerns, please speak to a member of our team.

What is a transnasal oesophagoscopy?

A transnasal oesophagoscopy is an outpatient procedure that involves a doctor inserting a long, flexible tube called a telescope into your nostril and passing it down your throat to examine the inside of your:

- nose
- throat
- voice box (larynx)
- food pipe (oesophagus)

Why do I need this procedure?

Your doctor may have referred you for this procedure if you have been having problems with breathing and swallowing.

This procedure can help us to determine the cause of your symptoms and decide on the best treatment for you.

How should I prepare for the procedure?

Food and drink

Do not eat or drink for four hours before the procedure. However, you may drink a small amount of water to take your usual medications. For more information on medications, please read the section below.

Allergies

Please contact us before your procedure if you have any allergies.

Medications

Please contact us before your procedure if you take blood thinning tablets, such as warfarin, apixaban, rivaroxaban or clopidogrel. We will explain when you need to stop taking these medications and when you can start taking them again after the procedure. If you are not sure whether you need to stop taking certain medications, please call us for advice on **023 8120 6095**.

If you have not stopped taking the medications above before your procedure, we may have to cancel your procedure and rearrange it for a later date.

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If you have diabetes

If you use insulin to control your diabetes, please contact your GP or diabetic team for advice, as you will not be able to eat or drink on the morning of your procedure, so will need to adjust your morning insulin dose.

Where will the procedure take place?

We will perform the procedure in hospital in our outpatient department.

Who will perform the procedure?

The procedure will be performed by an ear, nose and throat (ENT) doctor or an ENT consultant surgeon.

What will happen during the procedure?

Before the procedure, we will explain the procedure to you and answer any questions you may have. If you're happy to proceed, we will ask you to sign a consent form.

We will then spray both your nose and throat with a solution of local anaesthetic to numb the area. This may take up to 10 minutes to take effect. You may feel some pressure during the procedure, but you should not feel any pain.

When your nose and throat are numb, we will gently insert a long, flexible tube called a telescope into your nostril and pass it down through your voice box into the upper part of your food pipe. We will then inject some air or water into the tube, which may make you belch. This is normal. You will be able to breathe, swallow and cough as normal throughout the procedure.

Once we have finished the examination, we will gently remove the tube.

If we need to take a biopsy (a medical procedure that involves taking a small sample of body tissue), this can often be performed at the same time as the transnasal oesophagoscopy. However, if another procedure is needed, we may need to admit you to hospital for a second procedure under general anaesthetic (medicines used to send you to sleep, so you're unaware of surgery and do not move or feel pain while it's carried out).

How long will the procedure take?

The procedure itself usually takes less than five minutes. However, please expect to be in our department for up to 45 minutes in total.

What will happen after the procedure?

Recovery

We will ask you to wait in the department for a short time after the procedure. This is to make sure that you feel well before you go home. You will then be able to return to your normal daily activities straight away.

Eating and drinking

Your throat and nose will remain numb for a short while after the procedure. This may temporarily stop you from swallowing normally. For this reason, you should not eat or drink for two hours after the procedure.

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Medications

Before you leave hospital, we will let you know when you can resume taking the medications you stopped for this procedure.

Are there any risks or side effects?

Some people may feel a little bloated and pass wind or belch for a short while after the procedure. This is normal and the feeling will pass after an hour or two.

You may also have some mild discomfort in your throat and/or nose for a few hours after the procedure. You can take paracetamol two hours before the procedure to help ease your symptoms.

Call the F5 treatment room immediately using the telephone number below and do not eat or drink anything if you experience any of the symptoms below:

- breathing problems (for example, shortness of breath or rapid breathing)
- spitting up bright red blood
- a fever (a high temperature of 38°C and above)
- chest pain

Are there any alternatives to this procedure?

A transnasal oesophagoscopy is the safest way to examine your nose, throat, voice box (larynx) and food pipe (oesophagus) because a general anaesthetic is not needed.

However, this procedure can be performed under general anaesthetic if necessary (for example, if you are unable to tolerate the procedure under local anaesthetic). If this is the case, we will discuss having a general anaesthetic with you in more detail and add you to our waiting list to have the procedure performed under general anaesthetic.

Contact us

If you have any further questions or concerns, please contact us.

ENT outpatient team

Telephone: **023 8120 3234** (Monday to Friday, 8am to 6pm)

F5 treatment room

Telephone: **023 8120 4644** (Monday to Friday, 6pm to 8am, Saturday and Sunday, all day)

Useful links

www.cancerresearchuk.org/about-cancer/laryngeal-cancer/getting-diagnosed/tests-diagnose/video-your-throat-larynx

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For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **www.uhs.nhs.uk/additionalsupport**